

EIGHT COMPONENTS OF COORDINATED SCHOOL HEALTH MODEL

In order to effectively address the students' health and thus improve their ability to learn, a school health program must consist of many components. Each component contributes in unique ways yet overlaps with other components. Kentucky's comprehensive school health program consists of eight components:

- Comprehensive School Health Education
- Physical Education
- School Health Services
- School Nutrition Services
- School Counseling, Psychological, and Social Services
- Health School Environment
- Promotion of Health Staff
- Family and Community Involvement

A description of each component may be found in [Exhibit 1A](#).

EIGHT COMPONENTS OF COORDINATED SCHOOL HEALTH MODEL

In order to effectively address the students' health and thus improve their ability to learn, a school health program must consist of many components. Each component contributes in unique ways yet overlaps with other components. Kentucky's comprehensive school health program consists of eight components:

Comprehensive School Health Education : In Kentucky schools, we will deliver classroom instruction that addresses the physical, mental, emotional, and social dimensions of health; develops health knowledge, attitudes, and skills; and is tailored to each age level. It will motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

Physical Education: In Kentucky schools, we will provide planned, sequential instruction that promotes lifelong physical activity. It will be designed to develop basic movement skills, lifelong sport skills, and physical fitness, as well as enhance mental, social, and emotional abilities. Instruction will be delivered on a regular basis.

School Health Services: In Kentucky schools, we will have readily accessible preventive services, education, emergency care, referral and management of acute and chronic health conditions. These will be designed to promote the health of students, identify and prevent health problems and injuries, and ensure care for students.

School Nutrition Services : In Kentucky schools, we will provide nutritious, affordable, and appealing meals; nutrition education; and an environment that promotes healthy eating behaviors for all children. It will be designed to maximize each child's education and health potential for a lifetime. We will eliminate unhealthy foods from our schools.

School Counseling, Psychological, and Social Services: In Kentucky schools, we will make available high quality counseling, psychological and social services. This will engage students in activities that focus on cognitive, emotional, behavioral and social needs of individuals, groups, and families. It will be designed to prevent and address problems, facilitate positive learning and healthy behavior, and enhance healthy development.

Healthy School Environment : All of Kentucky schools will be a healthy environment including the physical, emotional and social climate of the school. It is designed to provide a safe physical plant, as well as a healthy and supportive environment that fosters learning.

Promotion of Healthy Staff: In Kentucky schools, we will promote healthy staffs. We will assure that assessment, education, and fitness activities are available for school faculty and staff. This will be designed to maintain and improve the health

and well-being of school staff, who serve as role models for students.

Family and Community Involvement : In Kentucky schools, families and communities will be involved in schools. Partnerships among schools, families, community groups and individuals will be present in all schools. We will share and maximize resources and expertise in addressing the healthy development of children, youth and their families.¹

¹ Marx, Wooley, and Northrop (1998). Health Is Academic: A guide to coordinated school health programs. Teachers College Press.